Common Name: Mint, Indian (Yerba Buena)
Botanical Name: Satureja douglasii

Zone: 7-10
Type: Herbaceous perennial
Height: 10-20 in
Spread: 1-3 ft
Habit: Creeping
Flower: Tiny white flowers
Bloom Season: April to September
Foliage: Glossy green, scalloped foliage
Flavor: Minty
Fragrance: Strong mint aroma
Sun: Full to partial shade
Soil: Rich, well drained
Water: Low to medium
Tolerant: Deer, drought, sand, clay
Attracts: Bees, butterflies
Culinary Uses: Its leaves are used for a refreshing tea.
Medicinal Uses: Tea made from the leaves has traditionally been used to ease fevers, headaches and aid digestion.
Garden Uses: A good ground cover without being aggressive, easy to keep small. The stems grow across the ground not with rhizomes.

AKA: Good herb
Synonym: Micromeria douglasii

Information provided on the traditional uses and properties of herbs are for educational use only, and is not intended as medical advice. You should always check with your health care practitioner before self-administering herbs.